

# Chit Chat

Volume 10, Issue 1

January 26, 2007

## Around the County.. Ed Gil de Rubio, County Manager

### Sullivan County

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#### Special points of interest:

- \* 3 people won \$250.00 each, just by attending the 2007 SC Wellness Fair!
- \* Can you sew, help out and donate your time, and talent to those who need it.
- \* Other workshops available from UNH Coop Ext.
- \* Seven DOC employees have perfect attendance for 2006!!!

Since our last edition, politically speaking, there have been some major changes. The Delegation has some new members: Ray Gagnon, Claremont, was elected Vice Chairman for the Delegation, Suzanne Gottling from Sunapee, Ellen Nielsen from Unity, Carla Skinder from Cornish and Matthew Houde from Plainfield. Incumbent members are: Peter Franklin, Chairman from Newport, Tom Donovan, Clerk from Claremont, John Cloutier, Claremont, Larry Converse, Claremont, Brenda Ferland, Chairwoman of the Executive Finance Committee from Charlestown; Arthur Jillette, Goshen, Jay Phinizy from Acworth and Beverly Rodeschin from Newport.

Additionally, Jeff Barrette from Claremont replaced Don Clarke on the Board of Commissioners. Commissioner Barrette owns a building \ general contracting business. Additionally, Mr. Barrette is the Vice Chairman of the Claremont Historical District Commission. Ethel Jarvis, Chairwoman retained her position as Commissioner thus complementing Commissioner Nelson, who was not up for election and Commissioner Barrette. Congratulations and good luck to all the elected officials for their successful campaigns.

The renovations in the Nursing Home dining room are nearly completed. In addition to the new furniture and carpeting \ flooring, the dining room finally has a complete ventilation system. The kitchen exhaust system was also renovated and updated.

Thank you to our entire staff especially the Dietary staff for putting up with all of the inconveniences a project of this size creates.

Some additional news regarding upcoming capital projects; the Independent \ Assisted Living project is progressing. The design build team of Russell Construction and Frederick Ward Associates has been retained to help the County create a portfolio that we can bring to the market. Part of Russell's package will include concept drawings, construction estimates and the solidification of our marketing resources.

The Needs Assessment for the Department of Corrections is also moving at a very accelerated pace. Ricci - Greene Associates has done an incredible job putting together projections and a complete compilation of data relating to Sullivan County's criminal justice system. The Department of Corrections and the Sullivan County Criminal Justice Coordinating Committee have played an integrate part of this process. It is our hopes to complete the assessment within the next six months.

Sullivan County has stepped forward to provide regional assistance regarding a major health hazard event. The Greater Sullivan County All Heath Hazards Committee (GSCAHC) has been created to put together a regional plan that will coordinate a response to major health hazards such as the Pandemic Flu. Municipalities that are members of



this committee are: Acworth, Charlestown, Claremont, Croydon, Goshen, Lempster, New London, Newbury, Newport, Springfield, Sunapee, Sutton, Unity and Wilmot. It is expected that Langdon will soon be joining our group. In addition to the municipalities we have two hospitals (Valley Regional and New London Hospital) as participating members. All of the area school districts and private businesses have also become members of our committee.

Funding for GSCAHC has been through federal grants administered by the State Department of Health and Human Services. Hubbard Associates has been commissioned to help our committee formulate our initial plan and perform a "Table Top Exercise" by June 30, 2007. Public forums will be held throughout our district. For additional information please log in to the county web site at: [www.sullivancountynh.gov](http://www.sullivancountynh.gov).

Finally, a great big thank you to Sam Fletcher and the Sullivan County Wellness Team for obtaining a grant to fund the recent Sullivan County Wellness Fair. Sam and the team did a great job not only obtaining the funds but completely organizing \ coordinating the entire event. "Atta Girl" Sam!!!!!!!!!!!!!!

## 2007 Starts off with a BANG!!!

Wednesday, January 17th, 2007 brought the "First Ever" Sullivan County Wellness Fair. The Fair was designed to bring the community to our employees. Located at the Ahern building from 7a-3p that day, over 90 employees weathered the frigid temperatures to come over and talk to local gyms, agencies, and the HealthTrust to discuss reimbursement programs, gym memberships, and many other options available to the employee from their community.

Sullivan County was the recipient of the HealthTrust WellDollars grant, giving the County Wellness Team nearly \$4,000.00 to help promote wellness with ALL employees of the County. This money was used in part to promote the Wellness Fair by offering a \$250.00 raffle prize to each shift. The lucky winners of those prizes are CO Albert Bania, Comm. CO Ken Swain, and LPN Lisa Belanger, several other raffle prizes were offered by participating vendors and the County.

A big thank you to all those vendors who participated which include:

United Way of Sullivan County	Sarah Barrette, Massage Therapist
Southwestern Community Services	Leo Beaudry, Massage Therapist
Nutrition Services of SC	The HealthTrust
Big Brothers, Big Sisters	Twisted Fitness
West Central Behavioral Health	Curves of Claremont
Women's Supportive Services	Curves of Springfield, Vermont
Connecticut Valley Home Care	Weight Watchers (booth only)
Lake Sunapee VNA	

Feedback has been terrific from both vendors and employees as to the satisfaction of the Fair and the variety of options available to them. We look forward to hosting the Fair again next year, hopefully making it even bigger and better!!!

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## Workshops Scheduled

Employees have expressed a lot of interest in certain workshops hosted by the HealthTrust. We have scheduled many of those, and the list of times and dates is listed below.

### Sullivan County Workshop Schedule

Wed., 2/14	Women's Health	2:00 & 3:15
	Leading Causes of Death	
Wed., 3/7	A Piece of Peace	7:15am
Wed., 4/11	Women's Health	2:00 & 3:15
	Fitness & Nutrition	
Wed., 5/2	Women's Health	7:15am
	Stress, Depression, Body Image	
Wed., 5/23	Benefit Fair & Self Care Workshop	All Day
	Workshops	7:15am & 2:00pm
Wed., 6/13	Nutrition 101	2:00 & 3:15
Wed., 7/11	Women's Health	7:15am
	Leading Causes of Death	
Wed., 8/8	A Piece of Peace	2:00 & 3:15
Wed., 9/12	Women's Health	7:15am
	Fitness & Nutrition	
Wed., 10/10	Women's Health	2:00 & 3:15
	Stress, Depression, Body Image	
Wed., 11/14	Nutrition 101	7:15am

## Wellness Committee News: **NEXT STEPS PROGRAM**

As an ongoing effort to promote employee physical well being, the wellness committee will be starting a Next Steps program in March. This program will replace the March into May program that has been active for the past 3 years.

Next Steps is a flexible 12 week employee health promotion program that encourages fruit and vegetable consumption and regular physical activity among employees while fostering teamwork.

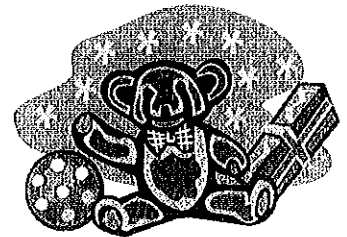
This program was developed by New Hampshire Celebrates Wellness and the New Hampshire 5 A day for Better Health Program (DHHS/Public Health). The first 5 weeks of the program encourages employees to increase their daily intake of fruits and vegetable. Forms will be provided to monitor daily intake and will be collected at regular intervals during the program.

At the end of week five, prizes including a cash prize will be awarded to those who have completed the paperwork and have shown the most increase in fruit and vegetable consumption.

Week 6 will focus on continued healthy eating and will include tracking your daily steps to promote physical exercise. Again, prizes will be awarded at the end of the final week.

A meeting will be scheduled in February to explain the program in detail and to distribute employee participation forms and other related materials. Sam Fletcher and Lori Keefe (DOC) will be the contacts for this program.

We hope to see you at the first meeting!



## **We need you!!!**

The Sullivan County Wellness team is losing one of our very valuable members. Karna Williams will be leaving us soon, and though we are happy for her, we will miss her tremendously!! We are seeking a motivated individual that works out of the Newport Complex facilities to take on her valuable role as Newport Captain. This volunteer would be asked to attend bi-monthly meetings at the Unity Complex, be responsible for maintaining a Wellness Board at the Newport Complex as well as keeping staff in that area up to date on the latest Wellness information!! Please contact Sam at 542-9511 Ext 286 or [samp@sullivancountynh.gov](mailto:samp@sullivancountynh.gov) for more information. We look forward to speaking to you soon!

## **Get those PHA's in!!!**

Do you have insurance through the County, have you received your survey in the mail, if so, you need to get that survey completed on line or filled out and mailed in no later than February. Not only do you receive money for getting it back in (\$75 for online entry and \$50 for regular mail entry) but that is what gives you access to the \$300.00 reimbursement money that will help with gym memberships and Weight Watchers. To do them online all you need is your information including pin and password from the correspondence you got in the mail with the paper survey. If you do not have online capabilities at home, you can fill them out here at work! Stations are available at the DOC, Newport and Health Care Facility, just contact Sam, Sharon Johnson-Callum or Lori Keefe to find out more information!! Get them in, and help your self financially while helping yourself physically! If you have not received this mailing and you are a covered member, please contact 1-800-527-5001 to contact the HealthTrust so they can get you at least your numbers to do it online!



## **Sullivan County Joins Bryant Credit Union**

As an added benefit to you, Sullivan County has become one of Bryant Credit Union's Select Employee Groups. This makes you eligible for membership and to begin taking advantage of the many time and money savings benefits that BCU has to offer! Low rate loans to fit any need, Free Checking with no minimum balance requirements, higher savings rates, ATM/Debit card, Visa card, direct deposit, FREE Online Account Access, Free Bill Payer, Health Savings Accounts, IRA's and more! Share the wealth! Once you become a member, your family members are eligible to share the same great benefits of Bryant Credit Union as well!

## Sew or donate adaptive clothing as a service project

If you know how to sew, there is a wonderful service project that you can do. "Sew Much Comfort" provides high quality, comfortable clothing that allows independence, comfort and dignity to wounded service men and women. The patterns are very simple to use. There is a local person in Newport who can provide you with shirts and boxer shorts which you then cut and add Velcro, bias tape, labels, or snaps so that wounded veterans can get into them more easily. All of these supplies can be provided to you.

Many amputees have difficulty wearing standard clothing. Some veterans can't fit clothing over their medical devices or their wounds make regular clothing hard to wear. The clothing they need includes pants, shorts, shirts, undergarments and swimwear.

If you do not sew, you could still help out by donating heavy duty t-shirts (not undershirts), sweatpants without cuffs, polo shirts, regular cotton boxers, female boxer/boyer/hipster undergarments in sizes L and XL and swimwear. The group also needs donations of fabric (cotton, twill, denim, khaki, flannel), thread, 7/8 inch wide single fold bias tape and #3 snaps.

Nancy Berry at UNH Cooperative Extension (863-9200) can give you more information. Check out the website at [www.sewmuchcomfort.org](http://www.sewmuchcomfort.org) or call the Regional Coordinator, Angela Maynes, at 542-5808 or email her at [aamsews@hotmail.com](mailto:aamsews@hotmail.com). Please consider whether your community club or church group could help this very worthwhile program.



UNIVERSITY of NEW HAMPSHIRE  
COOPERATIVE EXTENSION

SAU #43  
Early Childhood Support Program



Because raising children in today's world is a real challenge...

UNH Cooperative Extension & the  
SAU #43 Early Childhood Support Program is offering  
*Family Focus: "Parenting The Young  
Child"*

For Families with Children Ages Birth to 5  
Years



**When:** Monday Evenings  
March 5, 12, 19, 26 & April 2, 2007  
6:00 - 8:00 p.m.

**Where:** SAU#43  
Early Childhood Support Program  
167 Summer Street  
Newport, NH 03773

**Presenter:** *Family Focus* Kathie Sarles, M.Ed  
DSSC, Early Supports & Services Director

Lots of information, handouts, and time for discussion  
and questions in a casual, relaxed environment.

**Registration:** Pre-registration is required by February 28 and is open to the first 15 parents who call. The workshop is *free* and *child care* is available.  
Please call UNH Cooperative Extension at 863-9200 to register.

"Helping You Put Knowledge and Research to Work"

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. University of New Hampshire, U.S. Department of Agriculture and N.H. counties cooperating.

I will attend the UNH Cooperative Extension Don't Get Crushed By Debt workshop in Sullivan County:  
February 5, 2007 @ Claremont Savings Bank in Claremont

Please call, mail or fax the information below to the Sullivan County Office or email it to [gail.kennedy@unh.edu](mailto:gail.kennedy@unh.edu)

NAME(S)

MAILING ADDRESS

DAYTIME TELEPHONE  
Special Accommodations:

EMAIL ADDRESS

## UNH Cooperative Extension County Offices



UNIVERSITY of NEW HAMPSHIRE  
COOPERATIVE EXTENSION

**Belknap County**  
36 County Drive  
Laconia, NH 03246  
527-5475  
527-5477 (fax)

**Grafton County**  
3855 Dartmouth  
College Hwy, Box 5  
N Haverhill, NH 03774  
787-6944  
787-2009 (fax)

**Merrimack County**  
315 Daniel Webster Hwy  
Boscawen, NH 03303  
225-5505/796-2151

**Hillsborough County**  
329 Mast Road  
Suite 101  
Goffstown, NH 03045  
641-6060  
645-5252 (fax)

**Strafford County**  
259 County Farm Rd.  
Unit 5  
Dover, NH 03820-6015  
749-4445  
743-3431 (fax)

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer.  
University of New Hampshire, U.S. Department of Agriculture and New Hampshire counties cooperating.

**Cheshire County**  
800 Park Ave  
Keene, NH 03431  
352-4550  
358-0494 (fax)

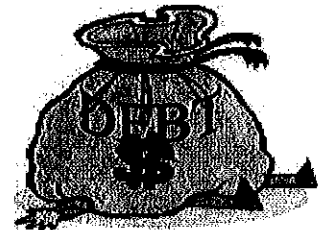
**Carroll County**  
75 Main Street  
PO Box 860  
Ctr. Ossipee, NH 03814  
539-3331  
539-3335 (fax)

**Coos County**  
629A Main Street  
Lancaster, NH 03584  
788-4961  
788-3629 (fax)

**Rockingham County**  
113 North Road  
Brentwood, NH 03833  
679-5616  
679-8070 (fax)

**Sullivan County**  
24 Main Street  
Newport, NH 03773  
863-9200  
863-4730 (fax)

Don't Be Crushed  
By Debt  
- Take Charge



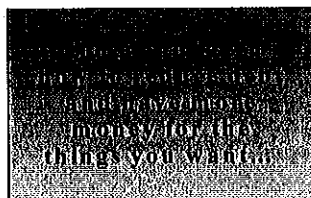
Sign Up Now  
Free Workshop

Your financial future  
depends on it.

Attend the  
**Don't Get Crushed  
By Debt - Take  
Charge  
Workshop**

### What Will I Learn?

- Strategies to reduce consumer debt
- Ways to reduce costs of borrowing
- Importance of working with creditors
- How to establish a debt reduction plan



**Don't Get Crushed By Debt -  
Take Charge**

*A One-Hour Workshop*

**Where:** Claremont Savings Bank  
145 Broad Street  
Claremont, NH

**When:** February 5, 2007  
5:00-6:30 p.m.

**Free workshop!**  
**Pre-registration required.**  
**Seating is limited.**

**Contact:** Gail Kennedy  
Extension Educator  
UNH Cooperative Ext.  
24 Main Street  
Newport, NH 03773  
603-863-9200  
603-863-4730 (fax)  
[gail.kennedy@unh.edu](mailto:gail.kennedy@unh.edu)

### Did you know ....?

- Research shows families increasingly relying on credit cards to meet basic household expenses.
- Percent of cardholders carrying a balance has increased to 58%. (SCF)
- Revolving debt has tripled in the last ten years and continues to increase
- Average credit card debt per household approaches \$12,000
- Fee income accounts for more than 30% of card issuers' profits (*Bankrate.com*)



## Sullivan County

Sullivan County  
5 Nursing Home Drive  
Unity, New Hampshire 03743

Phone: 603-542-9511 ext 268  
Fax: 603-542-9214  
Email: samp@sullivancountynh.gov

"All day, every day we make life  
better"

Www.  
sullivancountynh.gov



### Calendar of Events:

- **Mon, Jan 29 - S.C. State Delegation meeting.** Time: 9 AM. Place: Unity County Complex - Ahern Building.
- **Mon, Jan 29 - County Goal Setting.** Time: 10 AM. Place: Unity County Complex - Ahern Building.
- **Mon, Feb 5 - County Department Heads/Elected Officials begin budget reviews with the County Manager.**
- **Tue, Feb 6 - S.C. Board of Commissioners' meeting.** Time: 3 PM. Place: Newport County Complex - Commissioners' Conference Room - 1st Floor.
- **Thu, Feb 8 - United Way's: Community Transportation Mobility Committee meeting.** Time: 9 AM. Place: Claremont Savings Bank.
- **Thu, Feb 15 - Greater Sullivan County All Hazards Region Committee meeting.** Time: 9:30 AM. Place: Newport County Complex.
- **Thu, Feb 15 - Sullivan County Community Coalition meeting.** Time: 3:30 PM. Place: Richards Free Public Library, Newport.
- **Tue, Feb 20 - S.C. Board of Commissioners' meeting.** Time: 3 PM. Place: Unity County Complex - Sullivan County Health Care - 1st Floor, Activities Room.
- **Tue, Mar 6 - S.C. Board of Commissioners' meeting.** Time: 3 PM. Place: Newport County Complex - Commissioners' Conference Room - 1st Floor.
- **Tue, Mar 20 - S.C. Board of Commissioners' meeting.** Time: 3 PM. Place: Unity County Complex - Sullivan County Health Care - 1st Floor, Activities Room.

## SULLIVAN COUNTY SHERIFF'S OFFICE

High Sheriff Mike Prozzo Jr is pleased to announce the filling of the Chief Deputy position at the Sullivan County Sheriff's Office. The Chief Deputy position has been vacant since August 2005 when Deputy Ball retired from full time status. (Still a part time deputy) Sheriff Prozzo promoted Sgt Denis J O'Sullivan III to Captain to fill the Chief Deputy position. Sheriff Prozzo also filled the vacant position that was left after Deputy Walter "Don" Coons retired from full time status in October 2006. Justin Merrill a five year veteran of the Newport Police Department was hired as a full time Deputy Sheriff. Deputy Merrill joined the Sheriff's Office in January of 2007 and is a great addition to our staff.

### Tidbits from the DOC

Gerald Moore and Jonathan Holbrook graduated the 71st NHAC Corrections Academy on December 29, 2006. Graduation was held at the Grapponne Conference Center in Concord, NH

The corrections academy is a four-week non-residential academy held at the Police Standards and Training in Concord.

### Perfect Attendance for 2006!

The following Corrections employees had Perfect Attendance in 2006!

CO Joe Brookens, CO Bryant Brown, CO Donna Chartier, Lori Keefe Corrections Secretary, CO Sean Mellish, CO Heather Murphy, CO Ken Swain.

The following officers have had more than one consecutive year of perfect attendance:

Mellish 4+ years of consecutive perfect attendance  
Keefe 4+ years of consecutive perfect attendance  
Murphy 3 years of consecutive perfect attendance  
Chartier 2 years of consecutive perfect attendance  
Brown 2 years of consecutive perfect attendance

### Greetings from the SC Corrections Association

Now that the Holidays are behind us, we reflect on the past year and begin to plan for the upcoming year.

As we reflect on last year, we at the Sullivan County Corrections Association would like to thank all those who helped to contribute to our various events last year. Whether you came to a car wash, baked a treat for the bake sale, helped man the front lines at the bake sale, or helped participate in our annual food drive, we send out a sincere thank you to all who were a part of helping to make a difference. We also wish to thank our partners who once again graciously sponsored a drop off location for the food drive. Once again, we were able to feature drop off locations at the Sullivan County Commissioners Office, Sullivan County HealthCare, The Sullivan County Department of Corrections and Twisted Fitness.

Through all of your help, we raised over 500 lbs of food donations topping last year's total of 350 lbs! Thank you all for your support.

As we look to the upcoming year, we are going to be kicking off this year with our annual basketball tournament. This year we will be holding the tournament at the Charlestown Middle School on Saturday February 17, 2007. We will be donating this years proceeds to the Michael Briggs Fund. This past year Manchester Police Officer Michael Briggs was shot and killed in the line of duty leaving behind a wife and two children. Please help us to honor Officer Briggs and lend a hand to his family. We will be raffling off door prizes featuring a grand prize of 100 gallons of fuel oil donated by T-BIRD FUEL! We hope to see you there to show your support for the Briggs family, and perhaps you will be the lucky winner to walk home with 100 gallons of fuel. Good luck to all.

